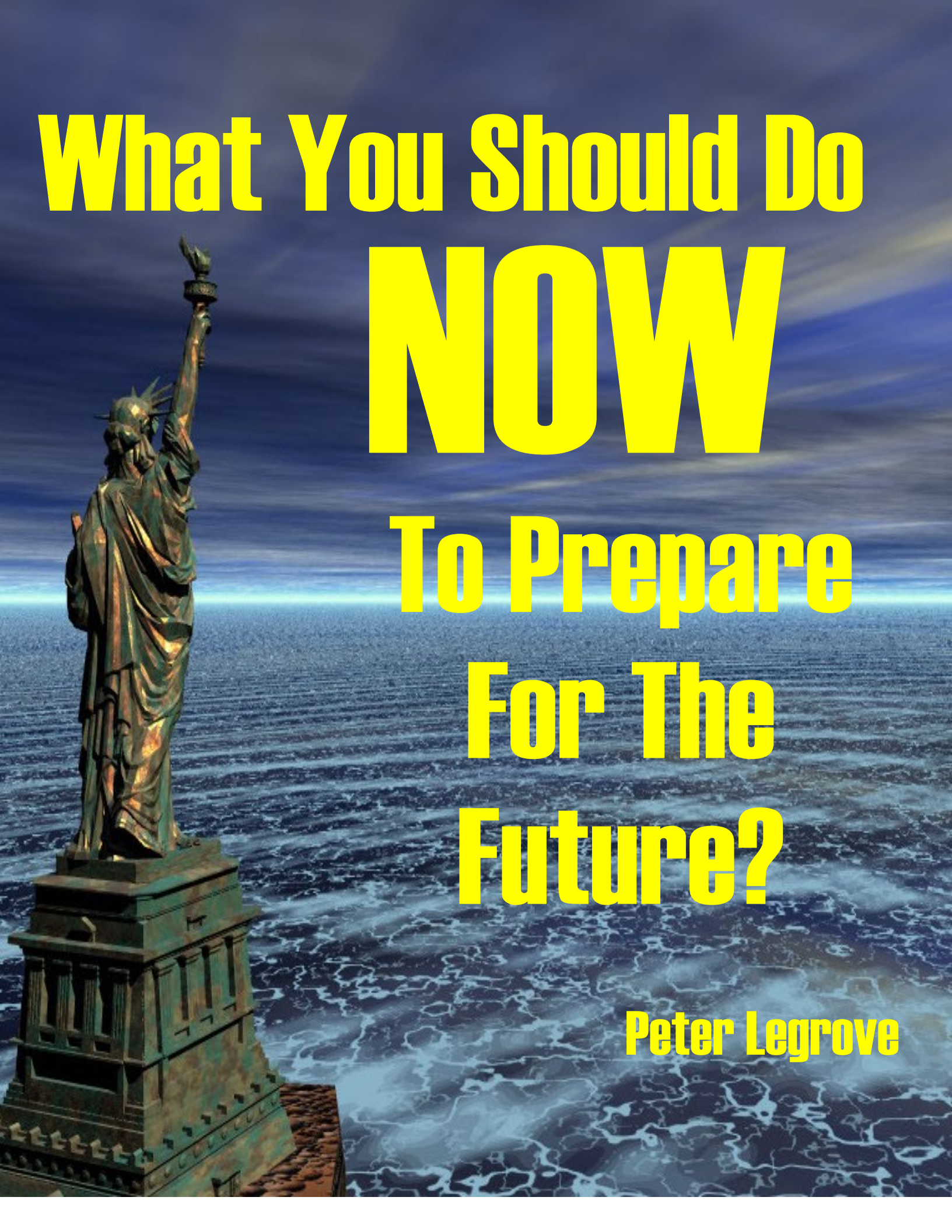


The background of the entire image is a dramatic scene featuring the Statue of Liberty on the left, standing on its pedestal. The statue is shown in profile, facing right, with its torch raised high. The base of the statue is a dark, textured structure. The sea is a deep blue with white, turbulent waves crashing against the base of the statue. The sky is a mix of dark blue and lighter blue, with wispy white clouds. The overall mood is one of urgency and resilience.

What You Should Do NOW

**To Prepare
For The
Future?**

Peter Legrove

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The Future Will Be Here Sooner Than You Think

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What You Should Do NOW To Prepare For The Future?

Where are we heading

Things are not good in the world at the moment, we are living in the age of make believe. We have or nearly have outgrown our food supply, our water supply, our oil supply and the big one is we have nearly outgrown our electricity supply. Something has to give and it looks like everything is going to give at once.

The weakest link in our civilization is electricity and when the electricity goes off everything grinds to a halt. We cannot go on the way we are, but very few people are actually preparing for anything. Just to survive to make it to the future you do not really need to do too much.

If you already live in a small town you are already well situated. Most experts say that cities will most possible become uninhabitable in a very short time. As nearly everything has to be brought into the cities. As soon as we run out of oil or there is any kind of disruption in electricity then we are in for big problems.

So just to give you and your family a little bit of an edge over the rest of the town there are few things you need to buy and store and a few things you just need to do.

The first thing you need is seeds and plenty of them

Vegetable seeds in water proof packets. Most seeds are already in moisture proof and mouse proof packets and the use by date is usually pretty good. But you must store them in a very dry place preferable away from sunlight and moisture. In the loft is a good place or if you can among the rafters at the top of your house. There should be a trap door somewhere so you can get up there. Or just hanging them up in the garage in muslin cloth, should be OK. It is a good idea to stash seeds and other essentials in different places around your house, garage and garden shed.

It will probably be better if you can buy organic seeds or seeds ready for milling. If you are buying farmer seeds or seeds for farming, then these seeds will have insecticide on them to stop the bugs eating them in storage. Be careful with these seeds. Before you put them in the sprouting trays they must be washed and washed good. If you buy seeds ready for milling then they have already been cleaned.

If you get seeds direct from farms you can use Diatomaceous Earth to stop the bugs. Diatomaceous Earth is amazing stuff and can be used for

many things like a skin defoliator, to whiten your teeth, but more importantly, when a heaping tablespoonful is taken with juice, water, etc., it lowers blood pressure, triglycerides, and cholesterol. It curbs appetite, keeps bowels regular daily, and more.

When the supermarkets run out of food, things will go from bad to very bad very quickly. And that is where your [stack of seeds](#) will come in handy. If it is spring or summer you will be okay, just [set up a tray of sprouts](#) wait about a week and you'll have something to eat. If it is winter put the trays in a warm room with lots of lights and they should grow. Hopefully the electricity hasn't gone off but it probably has.

The electricity generating system in place in most countries is the weakest link in our society. Because when it goes, it goes fast. One minute you have electricity the next you don't. And everything is dependent on electricity.

When the electricity goes you will lose your fridge and all news so you will not know what is going on. And if it doesn't come back on again then the water and sewage will be affected. And then you have problems. Just remember we are civilized because we have electricity. You will see society degrade very fast if the lights do not come back on. So to survive, this is what you should be thinking about doing.

Practice growing sprouts

Some supermarkets sell bean sprouts, they just cut off the sprouts as you need them. You are going to [grow the same type of trays in your home](#). The idea is not to grow too many trays at once. You should try and set up a rotation system using different seeds. It is very easy to get sick of eating bean sprouts all the time. So plant different seeds.

Even if you have nothing else to eat [a tray of sprouts](#) will last a couple of days. The idea is not to set up too many trays. You do not want to waste any because when the seeds run out you have no more food.

To conserve seeds you should wait as long as possible before eating. Most sprouts you start eating at about 4 to 6 inches high. I'll try to wait a bit longer to get as much out of the trays as possible. You will need to [buy some sprouting trays](#) but you'll only need about 3 or 4 trays.

The trays in the supermarket have a thick carpet of sprouts. They look really good and really even. I would run a few practice runs just so you

know what you are doing. And this way you can rotate the seeds by using up the old seeds and buying new seeds.

After you buy the trays, put some seeds in one tray add water and see how long they take to grow. Then eat them so you know what they taste like, and get your kids used to eating something that doesn't come out of a packet. Grow trays throughout the year, so you know how long the seeds will take to sprout in different seasons. You will also realize the value of the seeds and you will look after them.

So what seeds should you should stock up on?

Most people when thinking of sprouts think of bean sprouts, so stock up on the bean seeds. A couple of bags of bean seeds will go a long way. I would also look at [alfalfa seeds, and wheat and barley seeds](#). Any vegetable or crop you can eat, get the seeds. Broccoli sprouts are very good so stock up on [broccoli, cabbage, kale and cauliflower](#). The best is possible alfalfa seeds, because the seeds are very small and you can store a lot of the seeds in a very small area. Alfalfa is not usually a seed crop but the other seeds you can grow into a crop when the world calms down.

You should stock up on all vegetable seeds. And if things go from bad to very bad very quickly just start planting some seeds straight into your lawn, don't start digging. Don't throw the seeds around because seeds are very valuable now, so don't waste any. Just plant how many you think you and your family can eat. Then a week later plant some more. Plant on a rotation basis, so you have [vegetables ready to eat and more still growing](#).

To control the bugs and insects just get a couple of hedgehogs as they will do wonders eating slugs and snails. Just set up a little home for them and hopefully they will live in your garden.

Now unless you are very friendly with your neighbors they could become your worst enemy. Because they will know what you have. And what is to stop them jumping the back fence to raid your garden. If you are friendly with your neighbors help them grow a garden. The more people you have together the safer you'll be.

To survive the collapse you have to remain invisible and that means not drawing attention to yourself. You don't want a visible garden, you just want an overgrown lawn that hides all the vegetables so don't grow sweet corn or do any serious weeding. If you have apple trees or other fruit trees growing out the back it might be an idea to take all the visible fruit off so they don't attract attention.

NOW you should be saving seeds

Every time you buy any vegetable or fruit with seeds in it, save the seeds. Get into this habit now because seeds are the currency of the future. If you have plenty of seeds, you can use them to barter with after things go from very very bad to less bad.

For example when eating a watermelon save the seeds. Watermelons have lots of seeds so what do you do with them. To keep seeds you must dry them out, so put them on some newspaper near a window in full sun until they are very dry. Then hang them up in the garage, garden shed or where ever. My mum used to put the seeds around the hot water cylinder to dry them out.

Rats and mice love seeds so if you leave the seeds out over night you will probably find something has had lunch on your seeds. One night I left some seeds out in little trays on the window ledge and the next morning they had been eaten. So now when the sun goes down I hang up the seeds just to keep them away from anything that will eat them.

Saving seeds is a habit you should get into, it will pay off. We need seeds to survive the future when the supermarkets have no food. That will happen in your lifetime a lot sooner than you think. We are so dependent on oil and the cheap oil is running out. Also we are entwined with constant cheap electricity and that is not going to last. The blackouts of the past are nothing compared to the blackouts of the future.

Another good habit too get into

Something else you should be doing with seeds is throwing them around. This is another good habit to get into. When you go out take some seeds and just throw them around. Vacant lots are good places because I don't think any more vacant lots will be sold. The housing crisis has put a stop to any more houses being built.

So when you are walking past a vacant lot just walk in and throw some seeds around. In some vacant lots you will see gardens that have growing for a while. These gardens are usually at the back and can't be seen from the road. So you are not the only one out there worried about the future.

This way there will be vegetables growing in different places. Also start throwing seeds in places where your city council doesn't go. As the economic crisis deepens you will probably see the city start to lay off the park staff before the police and the fire fighters. After the park staff are laid off just start throwing seeds around the parks. Also along the edge of country roads. When you throw out climbing plants like cucumber and peas, throw the seeds around trees so the plants have something to grow up.

Other seeds like fruit seeds you can also throw around

When eating apples, lemons and oranges and any fruit with seeds, save the seeds and throw them around. I threw some passion fruit seeds around a while back and now I can see them growing up the trees. If your area is a cold climate then only throw seeds around that will survive in your area. In Florida you can throw a lot of different seeds around than if you live in Canada. Just keep that in mind.

If you look around you there are no wild edible plants growing around the cities and towns. We have effectively wiped out all free growing vegetables and fruit trees. That is something that has to change.

When you grow your own vegetables let some [vegetables like carrots, cabbage and most green vegetables go to seed](#) so you have plenty of seeds. Now with the excess seeds go and throw them around your town, in vacant lots and in places where nobody goes. This will hopefully start a natural garden, where the vegetables will reseed themselves and there will be plants growing there for years to come.

Now to recap: Get into the habit of saving seeds and throwing your spare seeds around in places where they have a chance to survive, so there will be food growing in many different places near your home.

Just remember mice and rats love seeds so keep a cat or two to keep the rats and mice under control. Keep an eye on all your little stashes of seeds to make sure the mice haven't been having lunch. You don't want to find that out when you need them. Another good idea is to have a rotation system where you start to distribute the older seeds out into the vacant lots when you have dried out new seeds.

You will need water

Now the most important part of surviving the future is clean water, so where do you get clean water. [Hydrogen Peroxide \(H₂O₂\)](#) is a good start as it will kill most of the bugs in water. Just a few drops in a bottle will do the trick. Hydrogen peroxide is a form of concentrated oxygen and most waterborne diseases do not like oxygen. That is why it is very good at purifying water. Also most of the bacteria in our stomach are anaerobic, that means they don't like oxygen either. So if you keep purifying your water with H₂O₂ you might change the composition of the bacteria in your stomach. Just keep that in mind.

The cleanest [hydrogen peroxide to use is food grade 35%](#). But be careful only a few drops in a bottle is all you need. And keep it away from your kids. In that concentration H₂O₂ is a poison and it will burn if you put it on your skin. It is a good idea to teach your kids about these things, just in case something happens to you.

Boiling the water is the best way but that is not always possible. You don't want people to know where you are and smoke will attract attention. Buy a magnifying glass and learn how to start a fire with it. Or you can go the [“Survivorman” route and buy a flint and steel](#). Read the instructions and then go out and do it, so you know how to use one.

One easy method is solar water. Use clear plastic bottles, full them about 90% with water, put the cap on and leave them in the sun to cook. And the ultraviolet rays will kill the bugs in the water. Glass bottles are just as good.

The best place is on a tin roof or just on your concrete driveway. Somewhere that gets lot of sun. Just leave the bottles as long as you can in the sun. Roll them over a couple of times so the sun can shine on all the water. Ideally the water bottles should be in the sun for half a day at least. For this to work properly you need clear water so filter the water first, coffee filters are okay. The sunlight should be able to shine right through the water bottle. But just remember to keep the bottles out of sight of passers-by as they will be thirsty too. This is a very effective method of purifying water and is used extensively in India and Africa.

[Another easy method to purify water is with bleach](#). Again the water has to be clear so filter it or let it sit for a while and then scoop the clean water on the top into another container and add the bleach. You really need an

eyedropper for this. You need about 8 drops per gallon of water or 2 drops for a quart of water. Leave it sit for about half an hour before drinking. If you can smell the bleach in the water it is good if not put another drop in. Only use regular bleach not the scented bleach. Bleach is good stuff don't waste it.

[When you add bleach and hydrogen peroxide to water](#) just remember you are also drinking it as well as the water. So only use it as an emergency and not for too long periods of time if possible. But you have to have clean, safe water to drink. After the electricity goes off there will be a resurgence of waterborne diseases, and you don't want to get sick. I would say Cholera will raise it ugly head once again, and there will be no antibiotics to fight it.

A simple recycling system

I have set up a very simple water recycling system just using those [big red buckets](#) you can buy from the supermarket. In the kitchen sink I have put a big old saucepan and I wash everything in the pot. I have a bucket by the toilet just to flush the toilet. All the soapy water goes in this bucket and is poured down the toilet.

All reasonable clean water goes into the big tank for watering the garden. I have a drip feed irrigation system in the garden. The big tank is a low big tank so I can pour the buckets into the big tank without too much effort. And this water is gravity fed through the garden. The big tank is only 6 inches higher than the garden and the tank is only 2 feet high so it is not too difficult to empty the buckets into. We put it on a concrete pad. I had to do this because the water restrictions wouldn't let us water the garden. And our garden is our food.

Anyway to get more water to fill the garden tank, I changed the way I wash clothes. Instead of using the washing machine [I just use buckets](#). When we all come home from work and school, we just throw all the used clothes and towels into a couple of buckets and fill the buckets with water, no soap. And we let them soak overnight, then we hang them out on the clothesline the next morning. And that is it.

But I will add, when the clothes start to look shabby and the whites start to fade I throw them in the washing machine with lots of soap, and I mean lots of soap, double what they recommend. I let them soak overnight, run the washing machine and the soapy water goes down the toilet if I have enough buckets. This brings the clothes back to life. Now some clothes can go two

weeks, three weeks and even a month before they end up in the washing machine. I don't tell anybody at work that I just soak my clothes to wash them, because I don't know how they will react.

[So stock up on big red buckets](#). I tend to buy the more expensive buckets because they will last longer. Also a [few stainless steel buckets](#) will come in handy after you buy a cow.

It is quite strange that when the water restrictions were in place. We weren't allowed to wash the car or water the garden or flush the toilet every time we used it. But nothing was said about the washing machine and that uses a lot of water. Anyway the system works. I now have buckets under the air conditioner pipes

What if a real pandemic hits

If a pandemic hits there are a few things you can do that will give you a better chance of survival. Most of the pandemics we have had so far are just media generated pandemics to sell vaccines. If a real pandemic hits I don't think it will be on the news. You'll just have to play this one by ear.

I actually don't think a pandemic will take out the human race unless it is man made. Anyway I don't think nature will be so kind to us by throwing a pandemic our way. We have spent the last 100 odd years destroying nature. So I think nature will let us destroy ourselves slowly by overpopulation, famine, resource depletion and wars. A pandemic is too easy.

Anyway just in case I'm wrong and a pandemic heads your way, this is what you should do. You should keep your stomach acid levels very low, that means you need your body to be alkaline dominant. And the other thing you should also do is keep your blood sugar levels very low. It was shown that polio could not enter a body that had a low blood sugar level.

How do you keep your blood sugar levels low?

Now to keep your blood sugar levels low is quite difficult, as nearly all processed food will raise your blood sugar levels. So will bread and all grains as well as root vegetables like potatoes and also fruit. That doesn't really leave you much else to eat except green vegetables and meat. Corn

and tomatoes are also a no no. That is what the sprouts are for and to keep your acid levels down you shouldn't eat meat.

If there is a polio type pandemic or any pandemic for that matter coming your way just start eating green vegetables. That will help to lower your blood sugar and acid levels. Also start eating raw garlic that has been crushed for about 15 minutes. Raw garlic will possibly be the best antibiotic around. I eat raw garlic everyday now and I haven't been sick for a long time. I started eating raw garlic when I had a yeast problem and now I don't have a yeast problem. I would start growing garlic now, as you will need it. Also if you have too much you can just hang it up in the garage and it will dry out.

You will need some tinned and packaged food

I am very skeptical about stocking up on processed food because of what it will do to your blood sugar levels. But you will need to have a [store of dried food and tinned food](#). When the crisis hits it will be a good idea to divide up the packaged food put it in [very strong plastic bags, like rubbish bags](#) and bury it in different places. This way if your house is raided they will have less chance of finding all the food. And keep your sprouts out of sight, they are gold.

To survive you must be invisible so don't throw you used food packets and tins out the front of your house. Bury them out the back.

A quick way to drop your acid levels

Now to keep your acid levels low and your alkaline levels high you need good old [Arm and Hammer Baking Soda or any baking soda](#) for that matter. You want Baking Soda or sodium bicarbonate NOT baking powder. Baking soda is wonderful stuff. I mix it with H₂O₂ and water for toothpaste. To lower your alkaline levels in a hurry just put a teaspoon of baking soda in a cup of water and stir it all around until it is all dissolved. It is recommended to do this in the morning and also before you go to bed. But to lower your acid levels very fast, drink a teaspoon of baking soda in a cup of water every two hours and you should be okay.

During the 1918 Spanish Flu pandemic there were reports that families who drank the baking soda didn't get the flu. I don't think there have been any scientific studies done with baking soda, so this could be an old wife's tale. But it is worth a try because there might not be too much else to do. And there seems to be a school of thought that keep saying alkaline is more healthy than acid. That is why the alkaline diet is popular.

When I had stomach acid problems I used to use baking soda a lot and it makes you feel really good really fast, unless it is not dissolved properly. I think what happens when it is not dissolved, is the baking soda dissolves in your stomach and froths up. Then you cannot burp and after you drink the baking soda drink the first thing you do is burp and then you feel better. So if you can't burp you will feel terrible, so make sure it is dissolved. I usually left the solution of baking soda and water for about ½ an hour before I drank it. This way it is usually all dissolved. You still see a few bits floating around in the bottom of the glass but they are okay.

Now I use lifestyle changes so I don't use the baking soda as much as I used too. [Baking soda is very hard to keep as it is in a cardboard box](#) and baking soda absorbs moisture. So it goes hard very easy. I usually put it in a glass jar to keep it dry. It is amazing stuff so have plenty on hand just in case. I will give a warning here sometimes baking soda is a very good laxative but not always so just keep that in mind. I know from experience that one baking soda drink at night and one in the morning is a good laxative.

Also to keep acid levels low you cannot eat meat, drink coffee or coke cola. Just stick to sprouts they'll keep your acid levels low. Lemons are good too. So to stay alive in the brave new world of the future you are going to need plenty of seeds for sprouts so stock up.

Have a practice run drying food

When the electricity goes off your fridge is going to go dead. Usually electricity blackouts happen in the summer. Except for the ice storm that destroyed Montreal. But in the middle of a Montreal winter your fridge shutting down is the least of your worries. Modern man has lived out of a fridge for as long as I can remember so living without one is a big change.

The blackouts of the past are going to return. That is a given, the only thing we don't know is when. So to prepare for the fridge shutting down you should have a few practice runs drying food.

Drying vegetables is no problem. You just need to chop them up into small sizes then leave them out in the sun, turn them over, bring them in at night and then put them back out the next day. In good sun 2 days should be okay. I usually throw a bit of salt on them before I put them in the sun, just to add some flavor. After they are dry, hang them up in [muslin cloth bags](#) so the air can get through them. It is a good idea to shake them up occasionally so the outside pieces are not always on the outside.

Practice with different sizes when you cut up the vegetables just to see what is best. Also have a go with fruits like apples, watermelon and pears. When cutting up moisture laden fruit and vegetables don't cut them too small or they will dry away to nothing. With tomatoes just cut them up into quarters.

You are drying out the fruit and vegetables for survival food because the fridge is no longer going. So with meat you are making your own beef jerky. Again practice, slice the meat into long slices about ¼ inch thick. I don't cut the fat off but some recommend it because it takes longer to dry. Now I thread the slices onto a nylon fish line and hang up outside on the clothesline.

This way the cats can't get but birds and flies can. As long as the meat starts to dry fast you won't have too many problems with flies. Flies like wet meat. Wind and sun is what you want.

You can also put the slices of meat in [baking trays with muslin cloth](#) covering them to keep out the flies. If you put the trays outside on the concrete they should dry out pretty fast. It is recommended to put the trays on chairs or stools so the wind can blow around the trays. The wind is very good at drying.

I'm just mentioning practice runs with drying food so you know what you are doing when you need to do it. Dried food is not always safe to eat. The dried food you buy has preservatives on it so it will keep. Also we usually keep dried food in the fridge.

So what do you do when you have no fridge? Cook all the dried food. I make a soup with the dried vegetables and jerky and [a bit of sea salt](#). I use a [thermal cooking pot](#) because it saves energy. I just boil the soup up for about 5 minutes then I put the soup in the thermal cooking pot and leave it for about three hours. Before you cook any dried food just smell it to make sure it is alright to eat.

In the old west the Indians used to make buffalo jerky. They would make the jerky in the autumn then when winter set in the jerky would freeze outside. That is why they could live off it. So if you don't live in a cold climate in winter cook the dried food.

Other things you should be looking at

To survive the future you need to get off the meds. I've got off everything except one and I don't know what I'm going to do about that. To get off the meds you have to do it alone as most doctors won't help you. If your doctor will help you, you are in luck.

Get on the internet, while we still have it, and find out what you need to do. Then find a natural alternative that is readily available in your area. Do one med at a time don't go cold turkey all at once on everything, because that is what you will have to do, if you don't start to get off them.

One thing you should be getting into is food storage. Start stocking up on [canned food and dried food](#) that will keep for a while. Stock up on what you eat now. If you never use flour then don't buy it because you'll never use it. Buy what you eat now but keep it away from the kids or there will be none left when you need it.

Also when buying clothing, towels sheets and other things buy good quality because it will last. When I buy jeans I buy good quality expensive jeans because I know they will last a long time. Even towels, I brought some quite expensive towels and they still look new, whereas my wife the cheap ones on special and they are already starting to fall to bits.

The future will be here sooner than you think

I can't see the planet surviving too much longer. I'm giving it four years but even that might be too long. This economic crisis we are in now is not going to go away. We have to adapt to a different future, a future where there is not too much of everything.

I don't know what is going to go first, it could be the bees, or oil or a severe El Nino event could wreak havoc on parts of the planet. Something has got to give and when it does you'll be glad you stocked up on the seeds and the sprouting dishes.

The Future Will Be Here Sooner Than You Think

What you do now is up to you, but if you want to find out more about how to come to terms with the future check out the website

www.animalsdinosaursandbugs.com/The-Future.htm

and click over to the blog and have your say.

As long as the electricity keeps going we will have the internet, so we can keep in touch. But we can only do that as long as there is electricity. So until the electricity stops, and all we need for that to happen is a major failure at a big coal fired generating plant.

All the best for the future.



Peter Legrove

Peter Legrove

Our global human society is very fragile: